

NUTRITION CARE DIVISION  
FT CARSON MEDDAC – 3

SUNDAY 27 June 04	MONDAY 28 June 04	TUESDAY 29 June 04	WEDNESDAY 30 June 04	THURSDAY 1 July 04	FRIDAY 2 July 04	SATURDAY 3 July 04
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**BREAKFAST:** Fruit♥, juice♥, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, omelets to order, hash browns, pancakes or french toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef, country fried steak.

**LUNCH:** **Independence Day Celebration Meal**

Soup de Jour Baked Chicken♥ Grilled Ham Steak Steamed Rice♥ Vegetable Medley♥ Corn Cakes, Pies, & Cookies	California Medley Soup Homestyle 7 Bean Soup Pot Roast Gravy Chicken Stir Fry♥ Egg Rolls Steamed Rice♥ Mashed Potatoes Bread Dressing Glazed Carrots Green Beans♥ Hot Rolls♥ Cakes, Pies, & Cookies	Chicken Noodle Soup Black Bean Soup Baked Fish♥ Fried Fish Salisbury Steak Brown Gravy Sweet Potato Soufflé Parsley Rice♥ Summer Squash♥ Spinach Hot Rolls♥ Cakes, Pies, & Cookies	Tonato Florentine Soup Chicken Tortilla Soup Italian Baked Chicken♥ Tortilla Casserole Spanish Rice Refried Beans Potato Wedges♥ Chuckwagon Veg. Blend Brussels Sprouts♥ Mexican Cornbread Cakes, Pies, & Cookies	Garden Vegetable Soup Chicken Gumbo Soup BBQ Ribs Chicken Shish Kebabs♥ Beef Brisket Macaroni & Cheese Oven Browned Potatoes♥ Baked Beans Corn on the Cob Green Beans♥ Jalapeno Cornbread Watermelon & Cantaloupe Apple Pie a la mode Lemon Bars Fresh Lemonade Hot Wings Greek Salad	Clam Chowder Italian Wedding Soup Grilled Steak Fried Shrimp Blackened Fish♥ Baked Potato Steamed Rice♥ Gravy Cauliflower♥ Club Spinach Dinner Roll♥ Cakes, Pies, & Cookies	Soup de Jour Roast Turkey♥ Pepper Steak Turkey Gravy Bread Stuffing Mashed Potatoes♥ Zucchini♥ Rancho Fiesta Blend Veggies Hot Roll♥ Cakes, Pies, & Cookies
	Pasta Bar Chef Salad	Chicken Caesar Salad	Pasta Bar Oriental Chicken Salad		Chef's Salad Hot Wings & Gyro Bar	

**LUNCH :** Salad Bar *Weekdays Short Order:* Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers, Grilled Chicken Sandwich, French Fries, Assorted Chips, and Bread, Fruit♥, Ice Cream Novelties

*Weekends & Dinner Meal Short Order:* Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, French Fries, and Grilled Chicken Sandwich♥

**DINNER:** “MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.”

Soup de Jour Roast Pork♥ Mashed Potatoes♥ Mixed Vegetables Cabbage♥ Cakes, Pies, & Cookies	Homestyle 7 Bean Soup Savory Baked Chicken♥ Rice Pilaf♥ Broccoli♥ Peas & Carrots Cakes, Pies, & Cookies	Chicken Noodle Soup Cornish Hen♥ Stuffed Cabbage Rolls Gravy Wild Rice♥ Brussels Sprouts♥ Cakes, Pies, & Cookies	Tonato Florentine Soup Roast Beef♥ Mashed Potatoes♥ Vegetable Gravy Green Beans♥ Cakes, Pies, & Cookies	Garden Vegetable Soup Roast Turkey♥ Stuffed Green Peppers Mashed Potatoes♥ Gravy Broccoli♥ Cranberry Sauce Cakes, Pies, & Cookies	Boston Clam Chowder Baked Fish♥ Schnitzel w/ Mushroom Gravy Parsley Rice♥ Green Beans♥ Mixed Vegetables Cakes, Pies, & Cookies	Soup de Jour Grilled Pork Chop♥ Steamed Rice Baked Potato♥ Carrots Broccoli♥ Cakes, Pies, & Cookies
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<b>HOURS:</b>	<b>BREAKFAST:</b>	Weekdays: 0600-0830 Weekends/Holidays 0630-0830	<b>LUNCH:</b> <i>Weekdays:</i> Full Menu Self Service/ Short Order 1100-1300 1300-1400 <i>Weekends:</i> 1130 - 1300	<b>DINNER:</b> Full Menu 1600-1730
MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division				

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)